

FIG.1

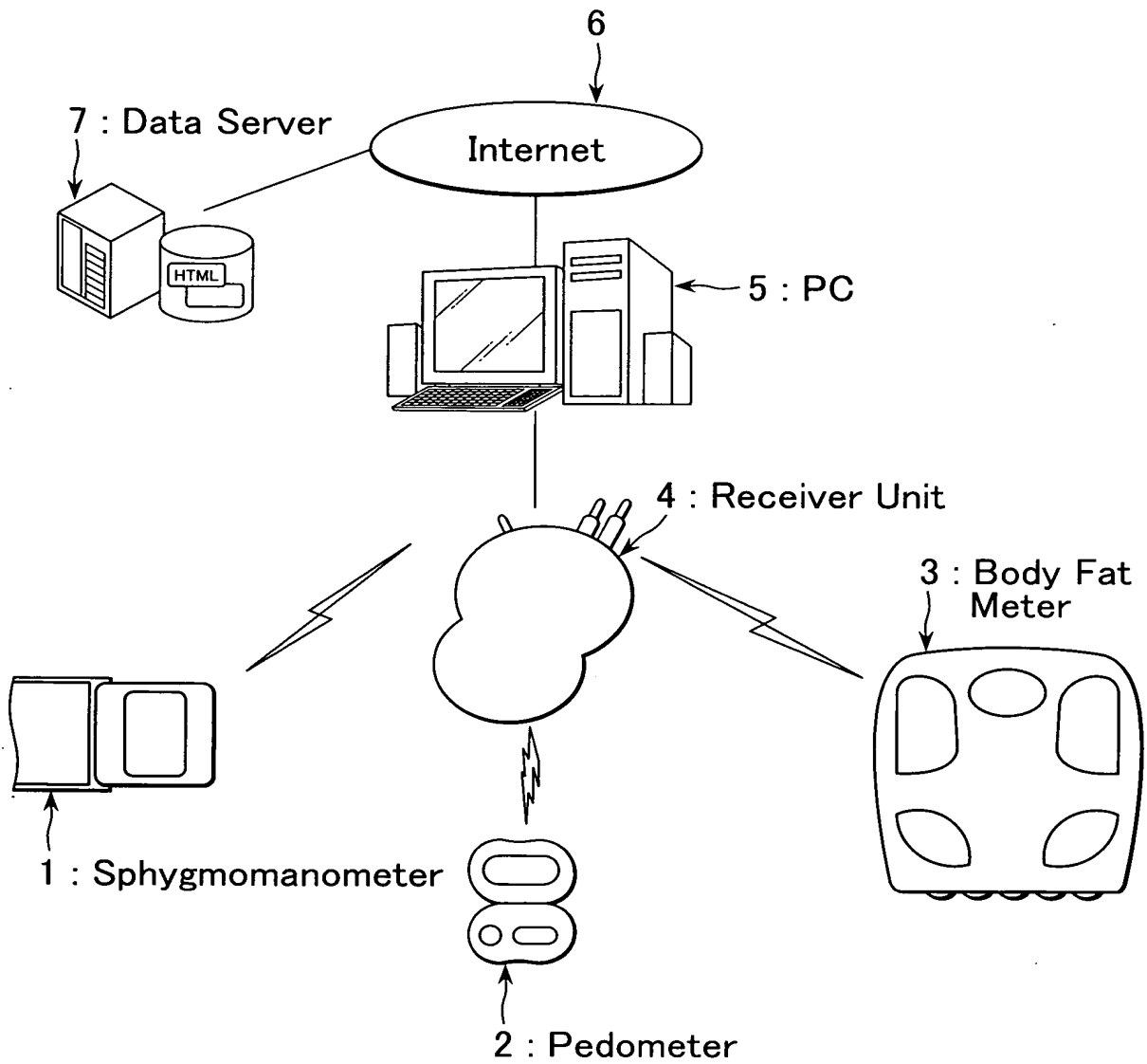


FIG.2

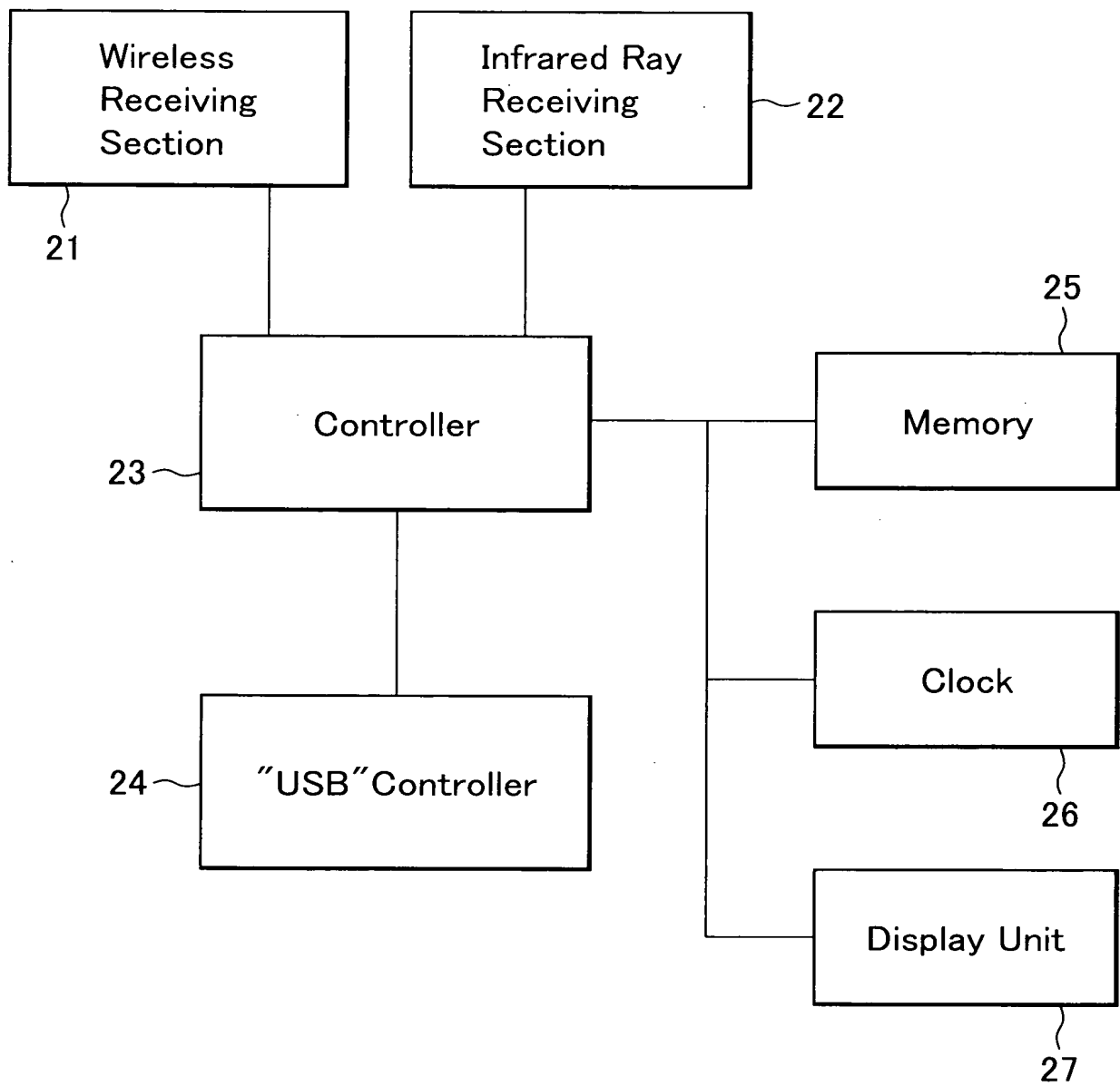


FIG.3

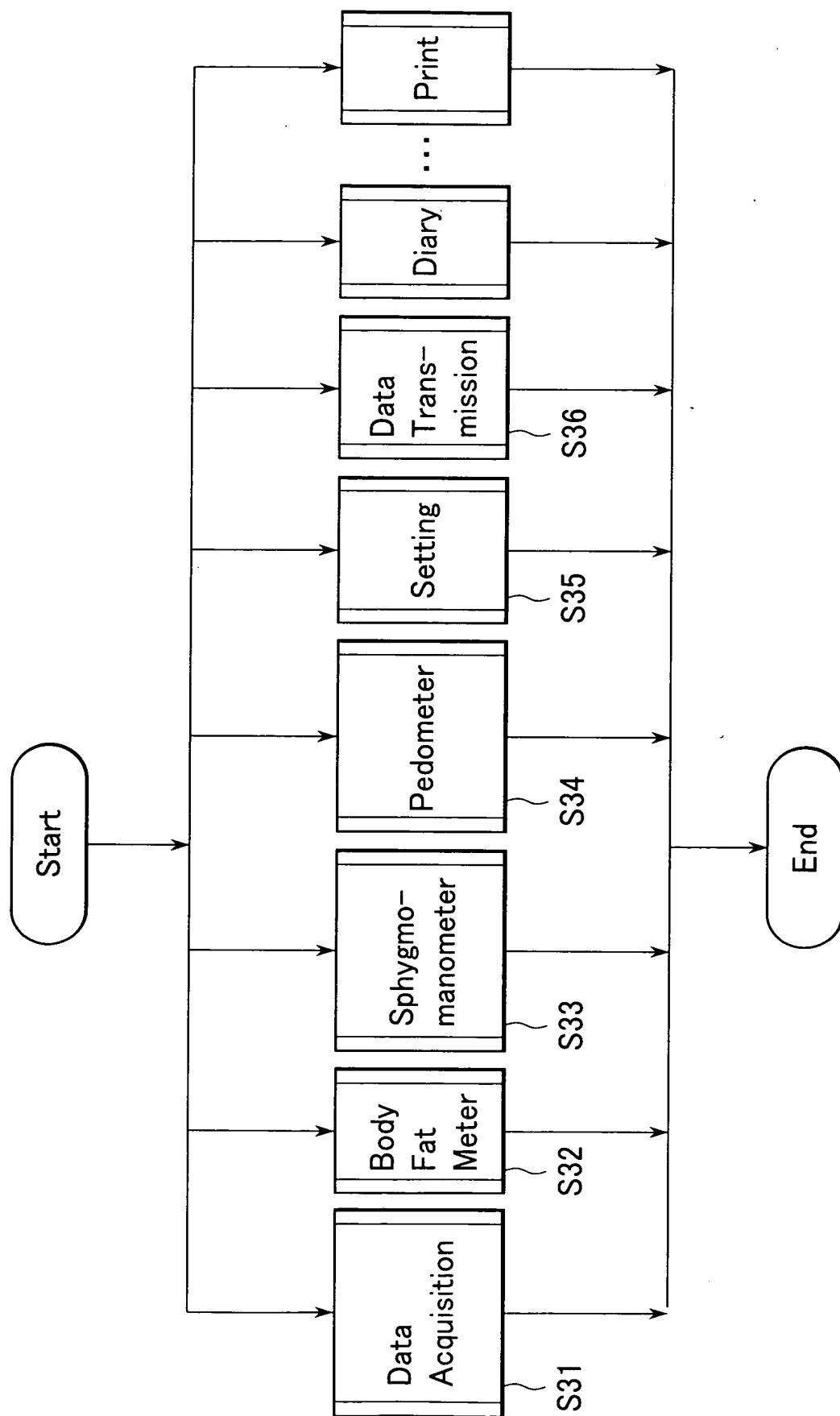


FIG. 4

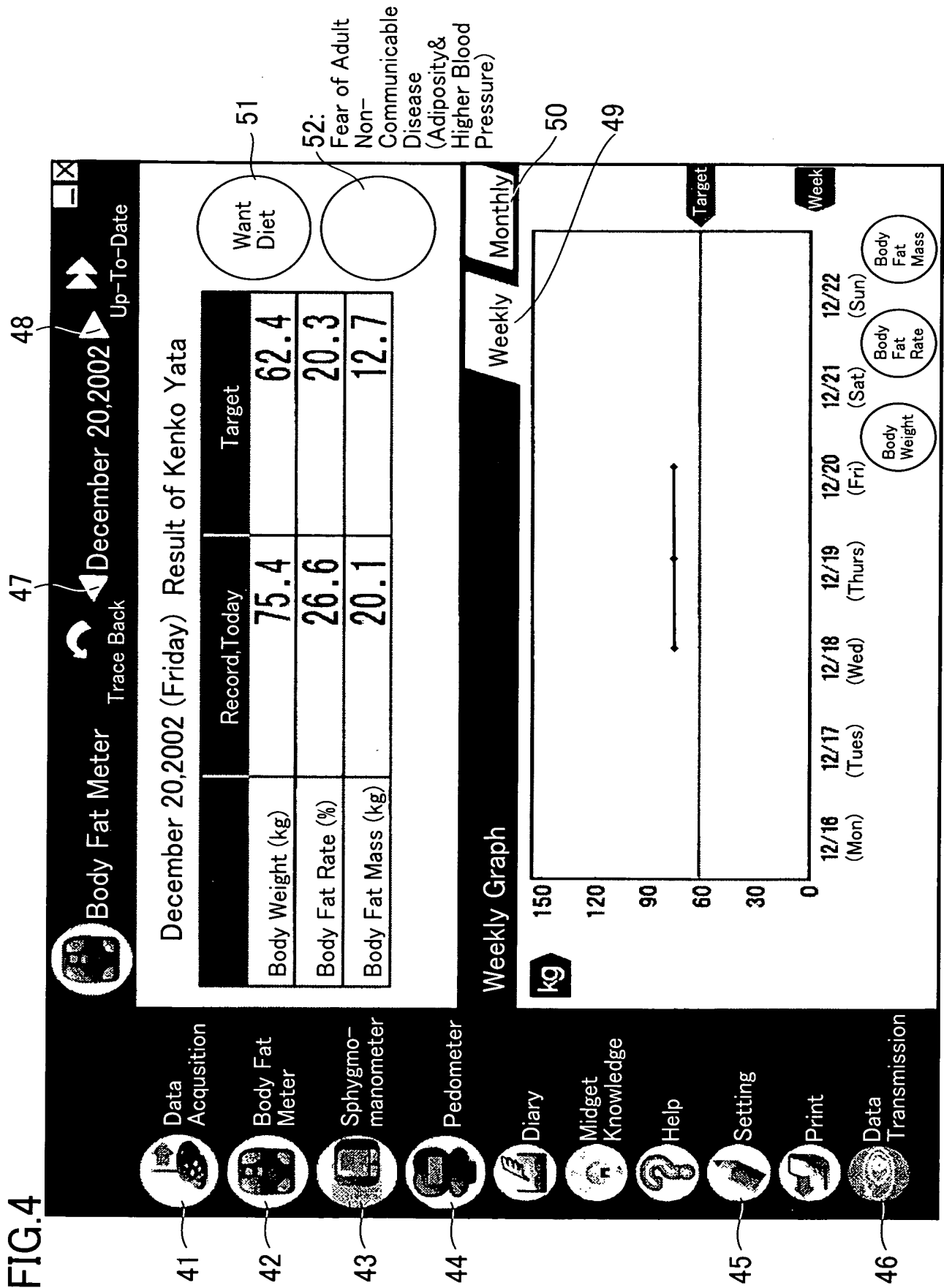


FIG.5

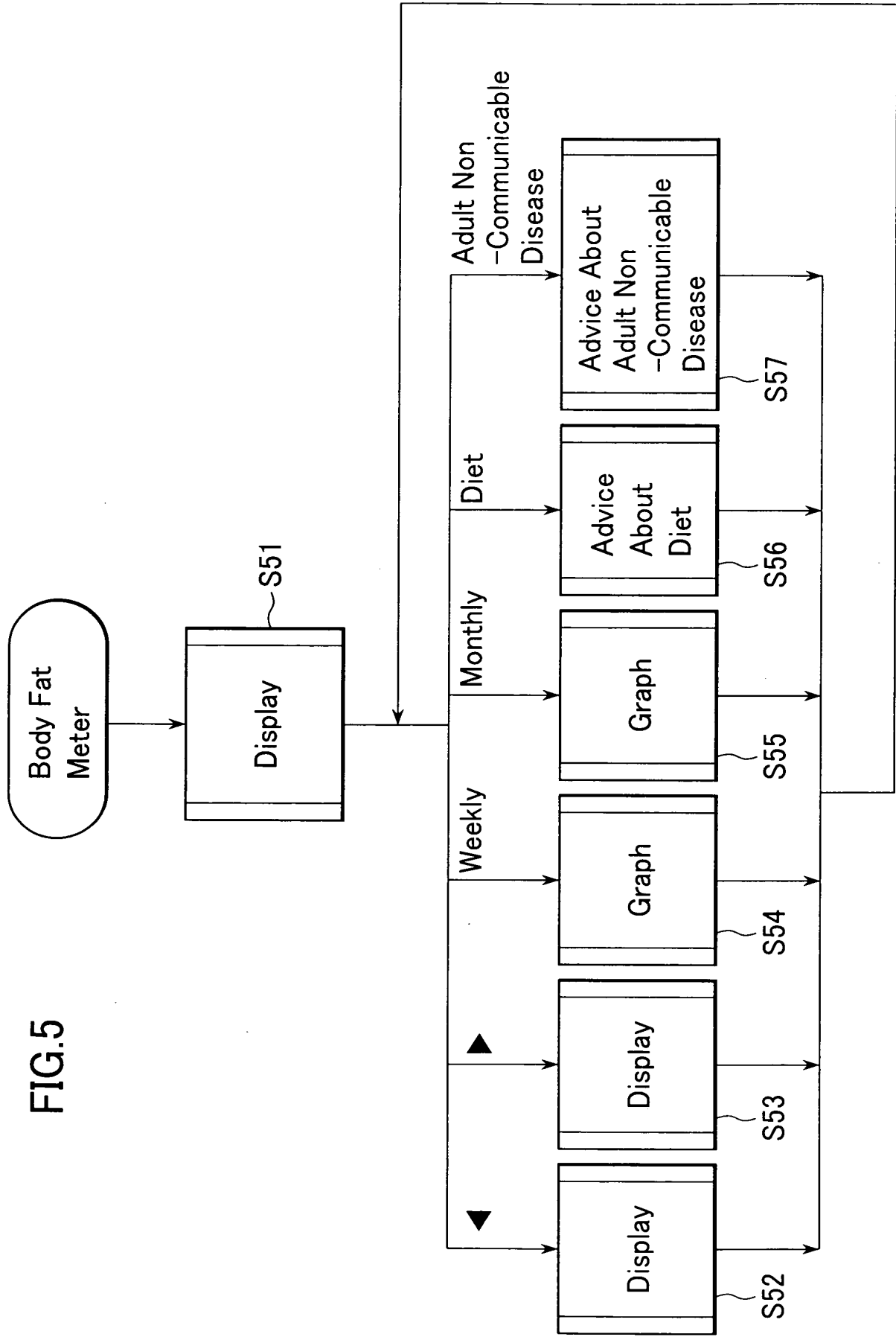
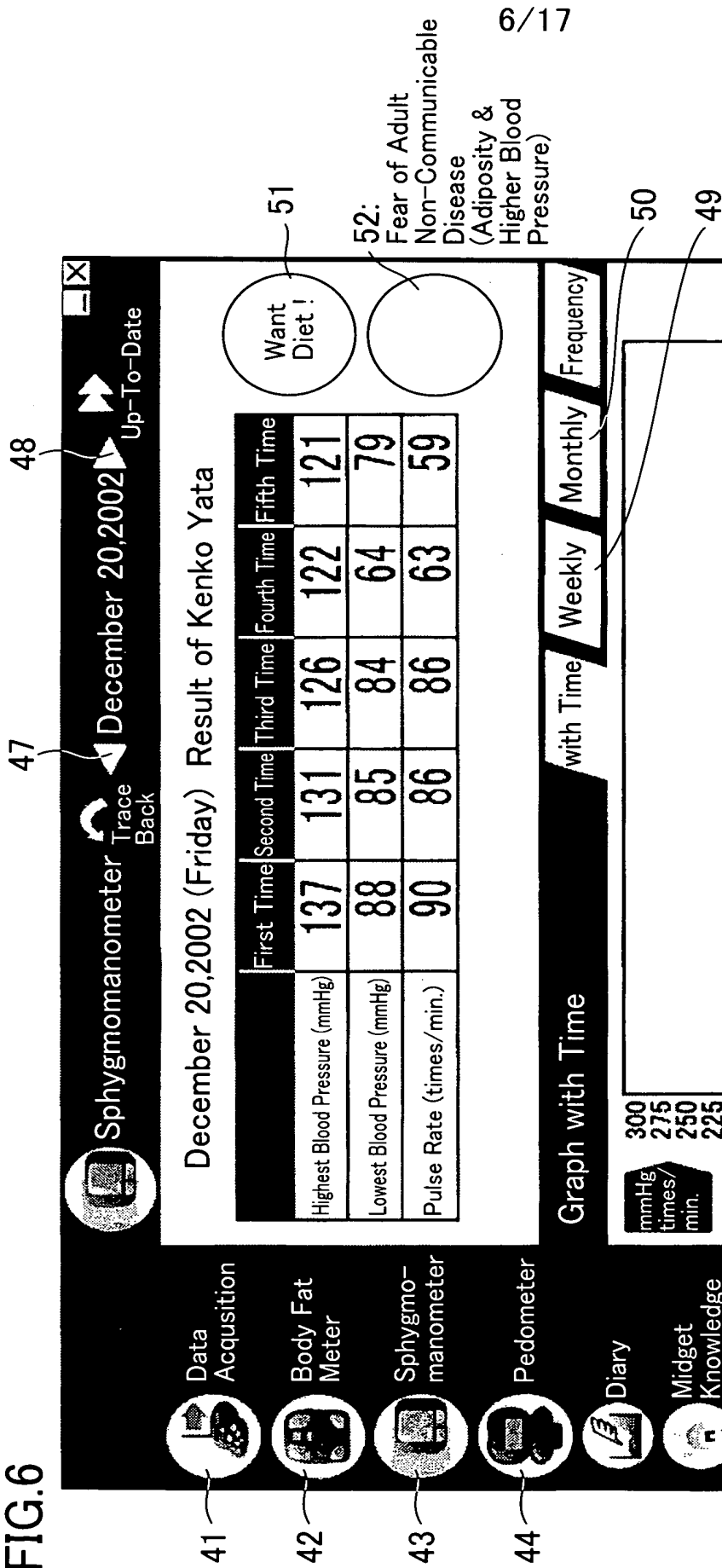


FIG.6



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FIG.7

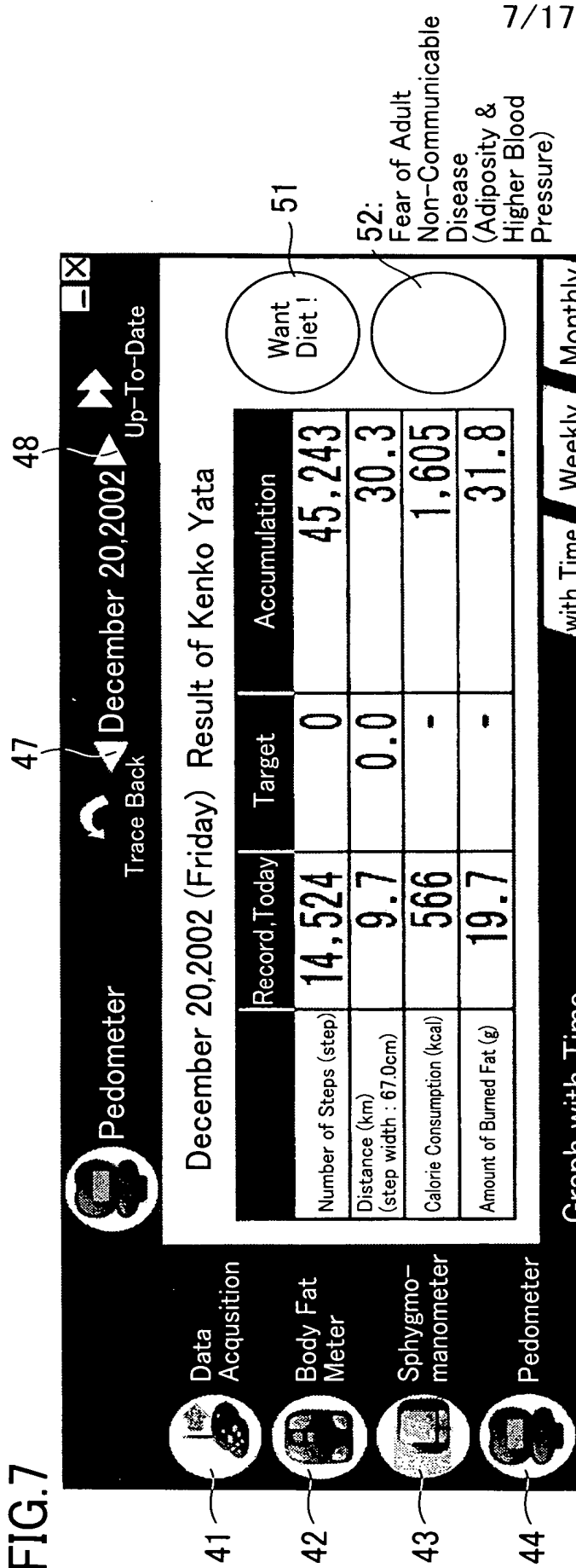


FIG.8

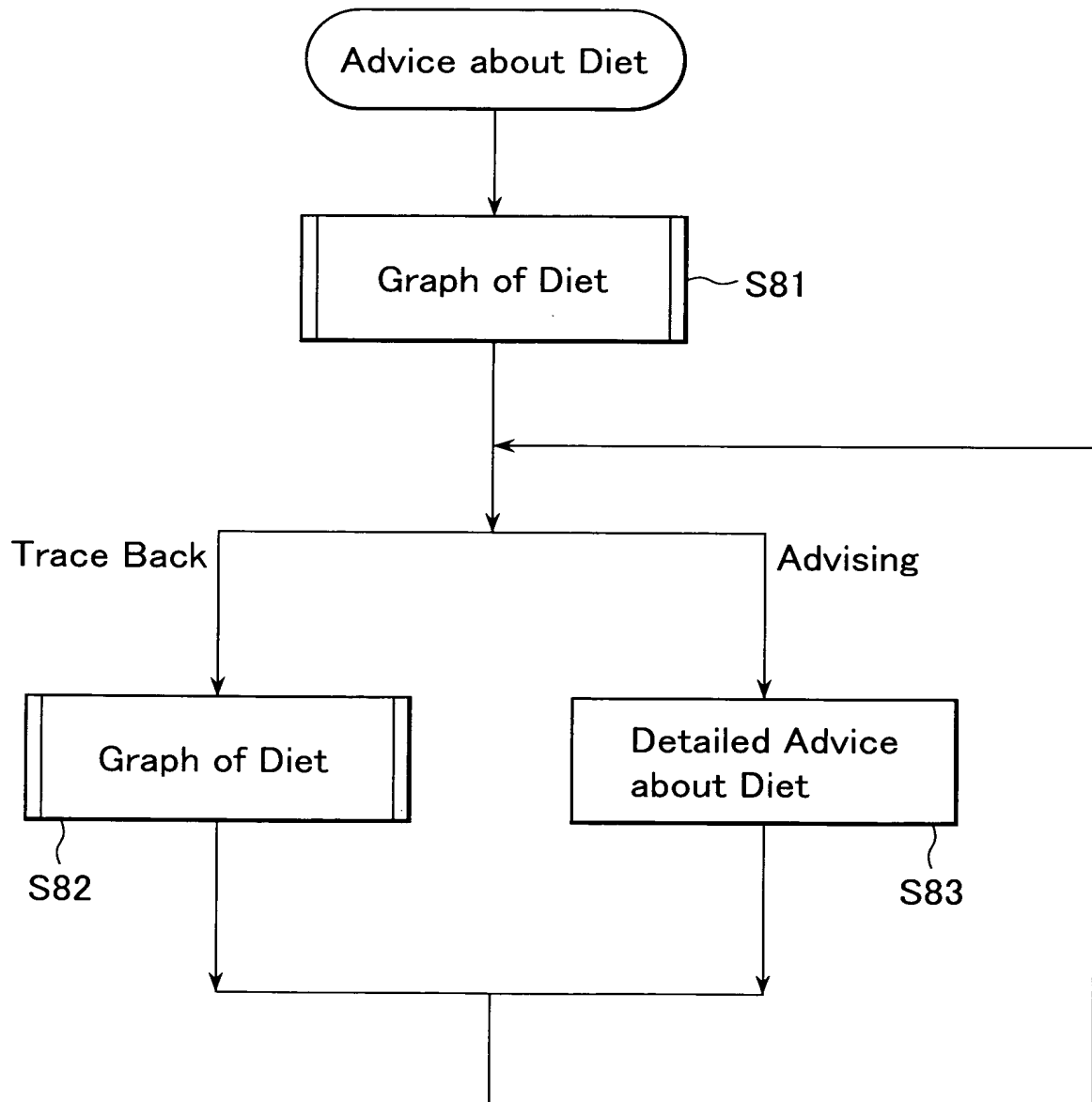
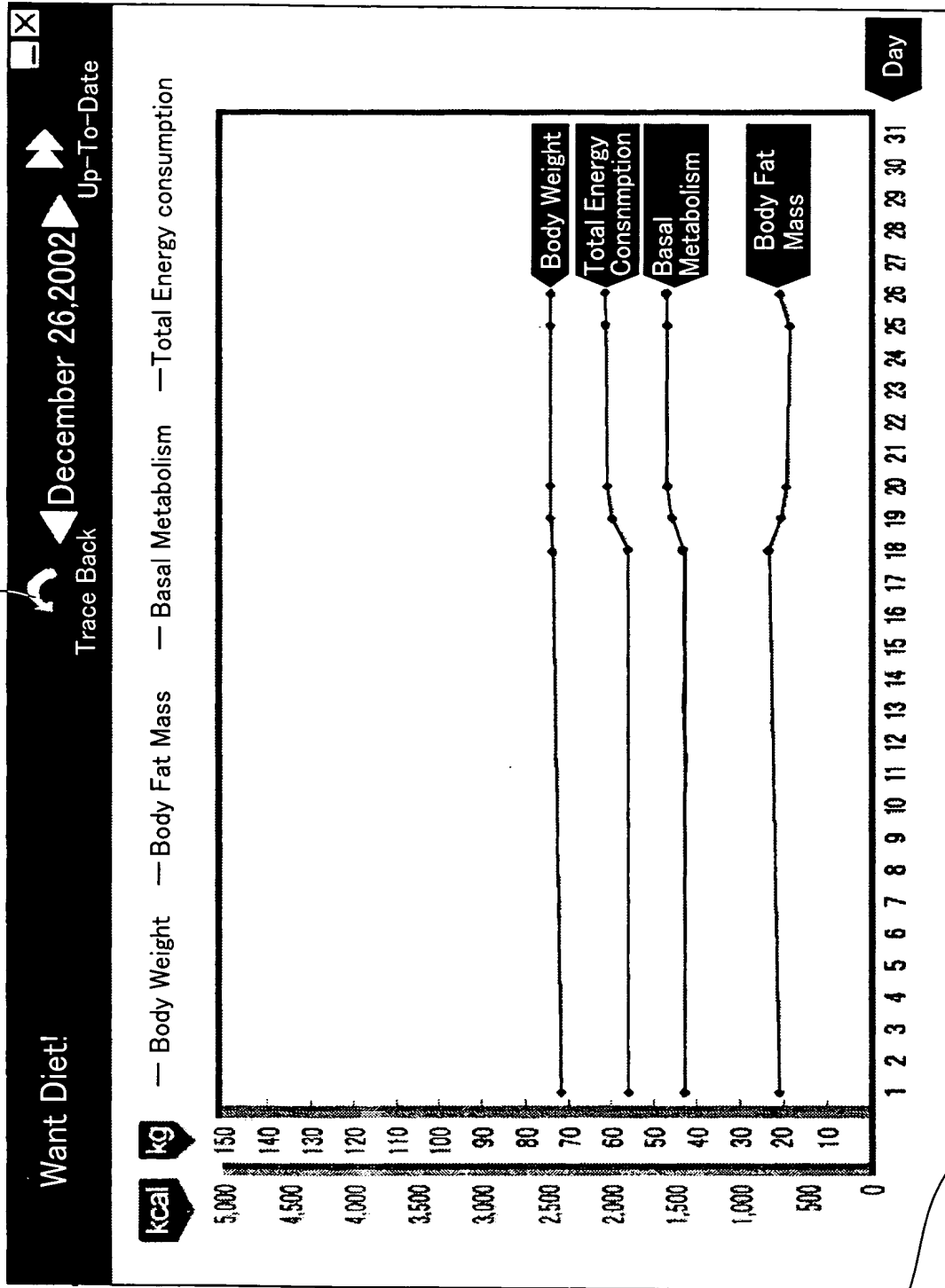


FIG.9

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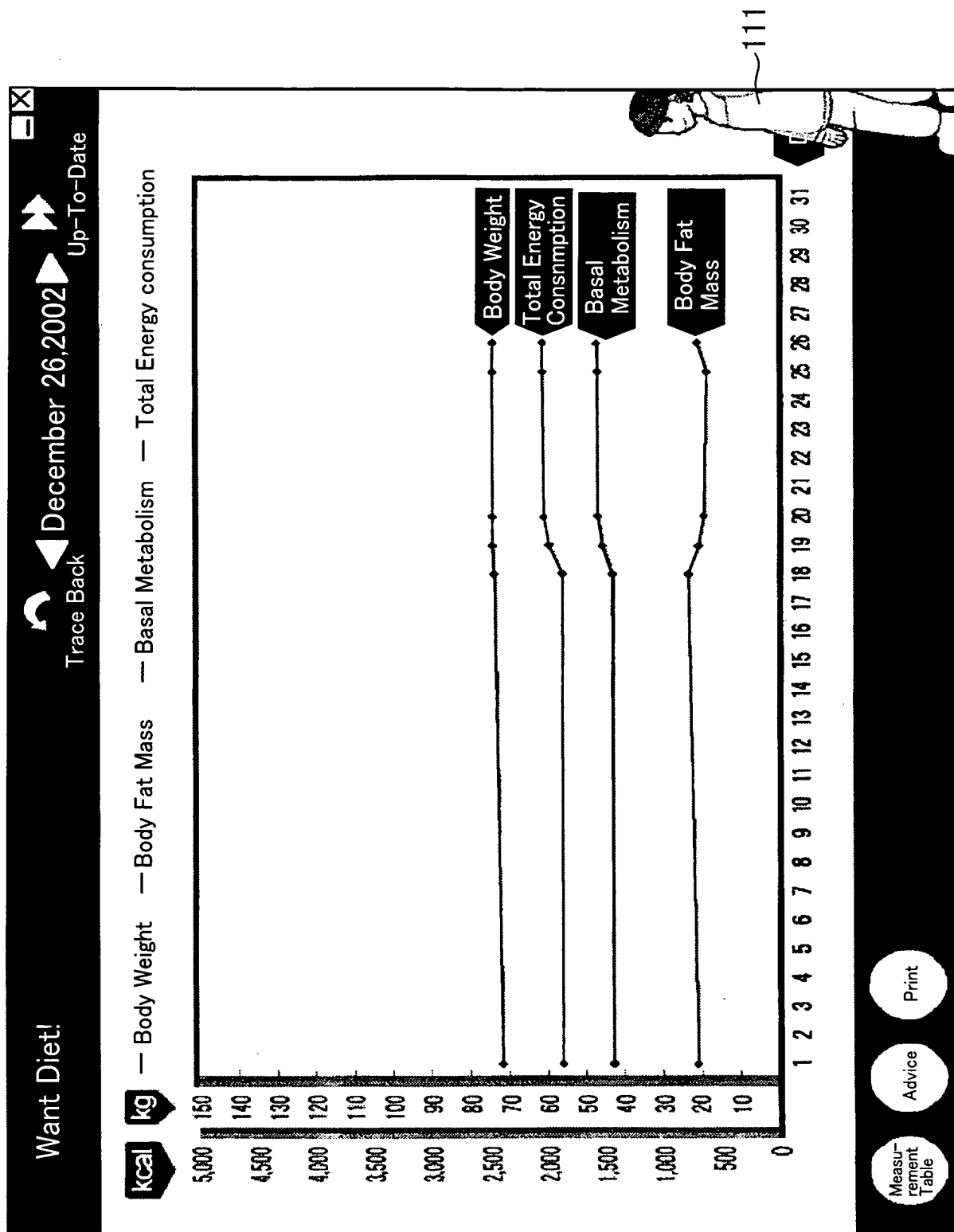
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Measurement Table

Advice

Print

FIG.10



Let's make up a habit to measure every day.

Your body build type is "Latent Adiposity".

Body Weight : It tends to increase. Improve your life style as soon as possible

Body Fat Mass : There is no change. Pay attention to the tendency over longer period of time.

Basal Metabolism : It has increased. It is very good tendency. It is hopeful to maintain such tendency.

Total Energy consumption

116

117

118

111

112

113

Day

FIG.12

	Reduction			No Change	Increase		
	1% ≤ Body Weight <3%(suitable change)	3% ≤ Body Weight <5%(slightly much reduction)	5% ≤ Body Weight (too much reduction)		1% ≤ Body Weight <3%(suitable change)	3% ≤ Body Weight <5%(slightly much increase)	5% ≤ Body Weight (too much increase)
Slender	Body weight has reduced. Correct diet can't be determined only depending on the change in body weight.			Body weight is maintained. Continue a habit to take exercise. Body weight is maintained. Take a rest when body condition is poor.	Body weight has increased. If body weight is increased, but body fat is reduced then it is considered that amount of muscle may be increased. Body weight has increased. Pay attention not to eat too much.		
Muscle Standard	Body weight has reduced. It is best to continue the exercise without any over-burden, but take a rest when body condition is poor. Body weight has reduced. Correct diet properly keeps body fat.						
Latent Adiposity	Body weight has reduced. Correct diet reduces not only body weight, but also body fat.	Body weight has reduced. Pay attention not to reduce body weight too much.	Body weight has reduced. Too much reduction of body weight affects your health. Pay attention.	Body weight has gradually increased. Are you lacking of exercise ? Body weight has gradually increased. Tendency of adiposity is one of the factors for adult non-communicable disease.	Body weight tends to increase. Are you lacking of exercise ?	Body weight has rapidly increased. Are you lacking of exercise ?	
	Real Adiposity	Body weight has reduced. If you feel fatigue after exercise or even on the next day take a rest.	Body weight has reduced. Correct diet reduces not only body weight, but also body fat.		Body weight tends to increase. Tendency of adiposity is one of the factors for adult non- communicable disease.	Body weight has rapidly increased. Pay attention.	

FIG.13

	Increase
	$3\% \leq \text{Body Weight} < 5\%$ (slightly much increase)
Latent Adiposity	Body weight tends to increase. Are you lacking of exercise ?
	Body weight tends to increase. Pay attention.
	Body weight tends to increase. Examine your meal and exercise.
	Body weight tends to increase. Do you have increased snack between meals ?
	Body weight has increased. Examine a habit of your meals and exercise once again.
	Body weight has increased. Correct diet reduces body weight together with body fat, but increases basal metabolism.
	Body weight tends to increased. Examine your life style as soon as possible.
	Body weight has increased. Adiposity may trigger any adult non-communicable disease. Examine your life style as soon as possible

FIG.14

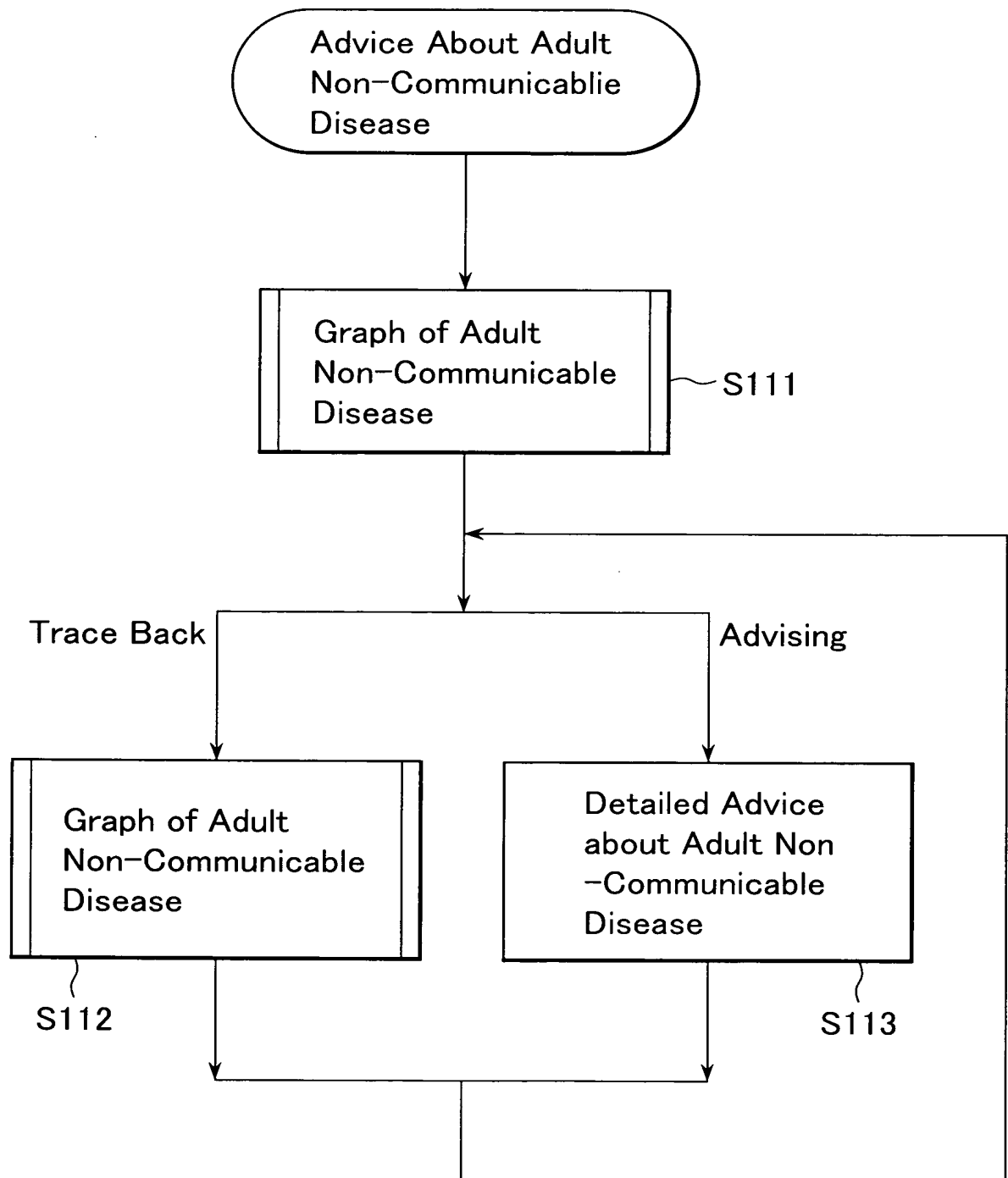
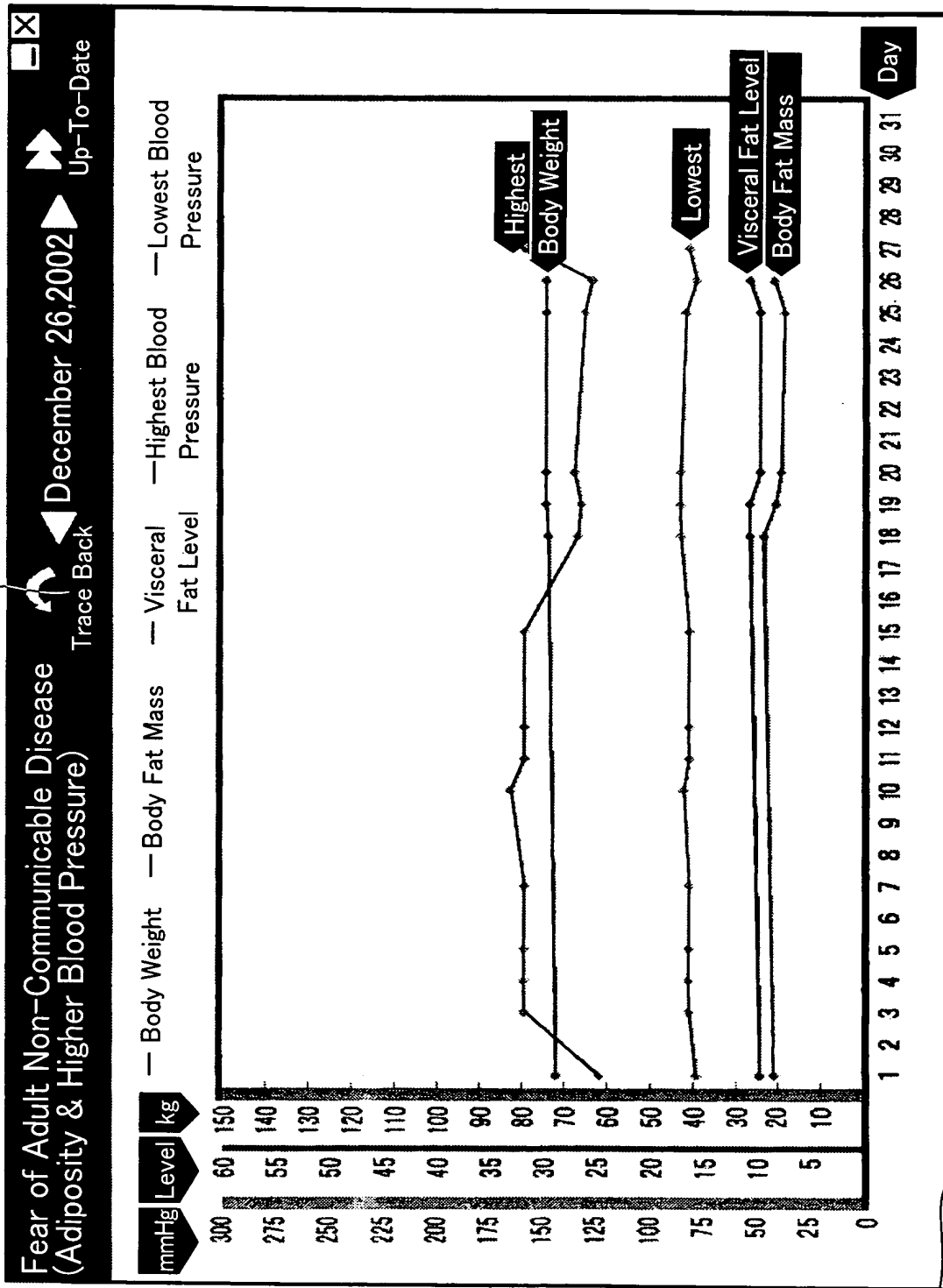


FIG.15

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Measurement Table Advice Print

FIG.16

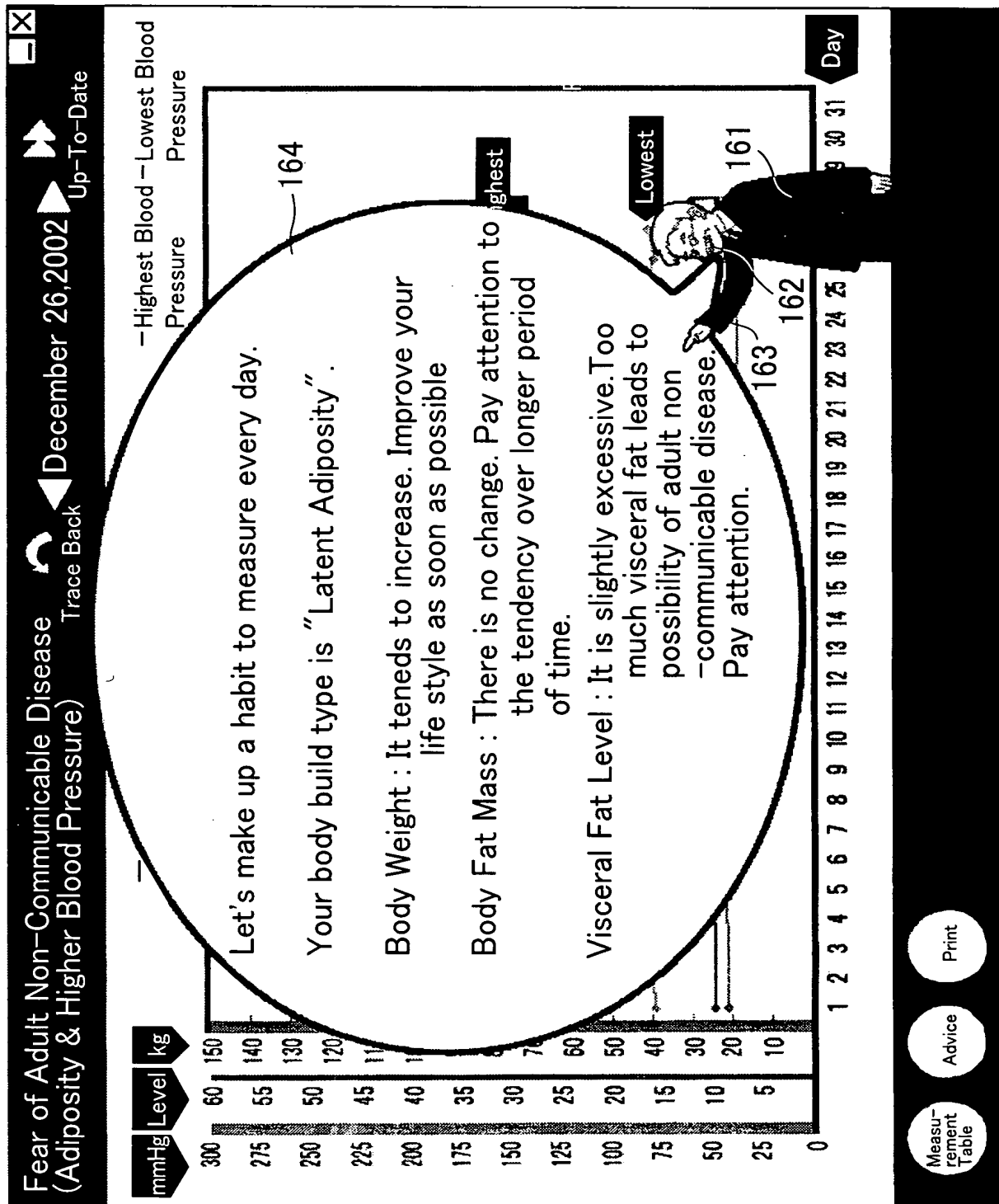


FIG.17 (PRIOR ART)

